

Grades 6-12

South Dakota High School Activities Association



Pre-Participation Form Packet

2020-21 School Year

Last Updated: May 1, 2020 by Krogstrand

Pages 1-3 Information

Pages 5-13 Forms must be read and signed by a parent/guardian & student.

Page 15 Information

Page 16 & 17 Physical exam (must be signed by an Dr. or licensed physician Assistant) need this exam 1 every 3 Years.

Page 18 Interim Pre Participation health history form need this form in years when no physical is given to the student.

Within this packet, you will find the following forms and information to be distributed to participants in SDHSAA Activities for the 2020-21 School Year in accord with local and SDHSAA Policy:

- SDHSAA Pre-Participation Exam Bylaw information (information only)
- SDHSAA PARENTAL CONSENT & PERMIT FORM – to be completed EVERY year, regardless of whether or not the athlete is having a physical exam
- SDHSAA CONSENT FOR MEDICAL TREATMENT FORM – to be completed EVERY year, regardless of whether or not the athlete is having a physical exam
- SDHSAA CONTENT FOR RELEASE OF MEDICAL INFORMATION (HIPAA) FORM – to be completed every year, regardless of whether or not the athlete is having a physical exam
- SDHSAA CONCUSSION FACT SHEETS – to be completed EVERY year, regardless of whether or not the athlete is having a physical exam
- SDHSAA INTERIM PRE-PARTICIPATION FORM – to be completed only in years when a physical exam is not being given (biennial/triennial)
- SDHSAA HEALTH HISTORY FORM – to be completed only in years when an actual physical exam is being given (annual/biennial/triennial)
- SDHSAA PREPARTICIPATION PHYSICAL EXAM FORM – to be completed as the record of the physical examination, when prescribed

2020-21 SDHSAA PARTICIPATION FORM GUIDELINES

By SDHSAA Bylaws, the following applicable responsibilities exist for the respective parties:

School Boards/Districts:

1. Each School Board and/or governing body shall determine the frequency of physical examinations. Per the SDHSAA and the American Academy of Pediatrics, et. al. ©, 2019, Physical Examinations of High School athletes should be completed at a minimum of once every three years.
2. NOTE: In 2020-21, the SDHSAA, along with the NFHS Sports Medicine Advisory Committee, recommend that school districts who choose to require a physical exam on an annual or biennial basis consider waiving the requirement of a physical being completed prior to the 2020-21 school year due to COVID-19 related concerns. Those athletes who last had a physical prior to the 2017-18 school year, and those athletes who have never had a sports physical exam must still have an exam completed prior to participation in the 2020-21 school year.

Member Schools Athletic/Activities Departments:

1. Each member school shall provide copies of the forms as sufficient so that all students may complete them prior to participation.
2. Member schools must keep on file each of the forms as listed on the previous page.
3. Member schools may allow physical exams to be completed after April 1 of the previous school year to apply to the ensuing school year.

Medical Professionals:

1. The certification of forms requiring a medical professional are specific to those individuals who are a Doctor of Medicine, Doctor of Osteopathy, Doctor of Chiropractic, Physician Assistants or Nurse Practitioners (South Dakota Codified Law). Stamping the name of a clinic or association is not acceptable – all forms must be signed by authorized medical professionals where applicable.
2. The medical history forms must be made present to the person conducting the physical exam at the time of the examination.